

E komo mai, Apaches



Photo by Sgt. Daniel Johnson, 25th Combat Aviation Brigade, 25th Infantry Division

Soldiers of 2-6th Cav. Regt., 25th CAB, gather on the runway of WAAF to welcome the new AH-64D Apache helicopter to their unit during a ceremony on June 9 as Apaches flew overhead. The ceremony marked the official activation of Apaches on Oahu and will bring a new layer of combat effectiveness to the brigade and the Tropic Lightning Division as a whole.

AIR FORCE
STAFF SGT. CHRIS HUBENTHAL
Defense Media Activity-
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WHEELER ARMY AIRFIELD — The 25th Combat Aviation Brigade added 24 advanced multi-role combat helicopters in the form of the AH-64D Apache to its arsenal this past April and celebrated the new capability here, June 9.

The ceremony provided a formal way to welcome the aircraft's arrival and celebrate the historical event.

"The purpose of the ceremony is really to recognize two years of work and the unbelievable amount of people that have been making such a day-to-day effort to bring this to fruition," said Lt. Col. Aaron Martin, commander, 2nd Squadron, 6th Battalion, 25th CAB.

Martin said that the ceremony also

provided the opportunity to recognize all the hard work done by those involved in getting the Apaches here.

"The Hawaiian local government that has allowed the Apaches to come here to be flying throughout that air space, to the Army aviation branch that has gone and prioritized this squadron in the Pacific to get these, the turning in of the Kiowa Warrior, U.S. Army-Pacific's effort to coordinate all that across not only the National Guard, the Army branch itself," Martin said. "Within the PACOM Theater of operations this is an added capability we are bringing not only to this island but the entire Pacific region."

The addition of the high performance aircraft replaced the OH-58 Kiowa Warriors that were recently retired. The new Apaches are planned to be paired with the Shadow unmanned aerial ve-

hicles to create an attack and reconnaissance role.

U.S. Army Capt. Marisa Yarmie, Bravo Troop Company commander, 2nd Squadron, 6th Battalion, 25th Combat Aviation Brigade, said that the addition of the Apache will increase mission effectiveness.

"I think the Apache is an aircraft that really tends to lead us toward interoperability not just with the forces on the ground though that is our main mission," Yarmie said. "I think that with the technology that we have to link in with the unmanned aerial systems ... that is something that will really help to increase our reach in the region as well as assist us in working with our joint partners in the Navy, Marines and Air Force and as well as working with our multinational partners."

At the end of the ceremony, military leadership including Gen. Robert Brown, Commander of U.S. Army Pacific, Lt. Gen. Anthony Crutchfield, deputy commander, USARPAC, and Maj. Gen. Charles Flynn, commander, 25th ID, participated in a Hawaiian blessing for the new Apaches.

Brown also recognized the capability that the Apache brings to the mission but emphasized what he believes is the most important part of the Army's arsenal.

"It's not just the aircraft, but of course you look at [the Apache] and you can't help but be impressed by the machine," Brown said. "The Army's advantage is the people and it's those pilots in that aircraft. We provide them with the best equipment in the world, the best training in the world, but it's the people that are our advantage."

USARPAC marks 241 years of the American Soldier

Story and photo by
STAFF SGT. CHRISTOPHER MCCULLOUGH
U.S. Army-Pacific Public Affairs

HONOLULU — In observance of the Army's 241st birthday and 118 years presence in the Pacific, U.S. Army-Pacific celebrated at its Army Birthday Commemoration, June 10.

This year's theme was "The American Soldier – Always Ready, Always Leading."

Gen. Robert B. Brown, USARPAC commanding general, told the audience that while they were gathered to celebrate the Army's 241st birthday, they were also there to commemorate the Army's 118th year of commitment to the Pacific region.

"Our Continental Army was established 241 years ago, and here in the Pacific, specifically, 118 years ago, we established forces ... and they've participated in 63 campaigns since then," said Brown. "That's about a third of the 189 campaigns the Army's been involved in, and the most in any region outside the Americas."

He also noted that this year not only are they celebrating the Army's birthday, but they are also commemorating the 73rd anniversary of the Battle of Guadalcanal in the Solomon Islands. That battle is where the 25th Infantry Division earned its nickname, "Tropic Lightning." This year is also 66th anniversary of the Korean War and the 51st anniversary of the Vietnam War. Brown also noted that people are the reason for our Army.

"People are what gives us our edge in battle, what sustains our Army, and what makes us the envy of the world," Brown



(From left) Representing the past, present and future of USARPAC are retired Brig. Gen. Jim Hastings; Gen. Robert B. Brown, commander; Command Sgt. Maj. Bryant Lambert; and youngest Soldier Pvt. Wendy Hall, 558th MP Co.

said. "People are why we and so many of our allies enjoy freedom so much."

He went on to add that the Army continues that that legacy today, and we do so also in part because of the dedication, sacrifice and love of our supporting cast of families, friends and local communities.

"Whether you're a Soldier, a veteran, a family member, an Army civilian or a community member, you're a part of history and a part of our story," Brown said. "So, we're all proud that you're here to-

night, that you're part of that team, and you are the people making a difference."

The traditional cake cutting followed dinner. Representing the past, present, and future Soldiers of USARPAC were Brown, the command's most senior commissioned officer; Command Sgt. Maj. Bryant Lambert, USARPAC's senior enlisted adviser; the command's youngest Soldier, Pvt. Wendy Hall of the 558th Military Police Company, 728th MP Battalion, 8th MP Brigade; and retired Brig. Gen. Jim Hastings, who represented the

most senior Soldier.

Awards were then presented to the USARPAC Soldier and Noncommissioned Officer of the Year after a weeklong Best Warrior Competition. Sgt. Joseph W. Polcsa, from the 25th ID, Schofield Barracks, and Spc. Robert D. Miller, from 8th Theater Sustainment Command, Fort Shafter, will represent USARPAC at the Department of the Army-level Best Warrior Competition in October.

The evening's festivities drew to an end with the ceremonial toast and a word from the Honorable Daniel K. Akaka, a former Hawaii U.S. Representative (1976-1990) and Senator (1990-2013), who was on hand to receive the Mana O Ke Koa "Spirit of the Warrior" Award which honors individuals who have distinguished themselves by their steadfast support of Soldiers, their families and the Army community.

"This is a great honor for me, and also it brings up the pride in me for our country," said Akaka. "Thank you so much for this great honor. I'm so proud to be here amongst those who have been supporting our country and keeping the security."

Akaka, who served in the Army Corps of Engineers (1945-1947), and was America's first Senator of native Hawaiian ancestry, addressed the crowd of more than 700 attendees about the significance of the evening's event.

The celebration, hosted in the Coral Ballroom of the Hilton Hawaiian Village, was open to all Soldiers, Department of the Army civilians, government contractors, family members, retirees, veterans and invited guests.

Team 516 celebrates Army's birthday 'Jeopardy' style

"I'll take Army history for \$500, Alex!"

CAPT. SCOTT WILSON
516th Signal Brigade
311th Signal Command

FORT SHAFTER — Channeling their best impressions of Alex Trebek, the 516th Signal Brigade, 311th Signal Command, celebrated the Army's 241st birthday with a lively "Jeopardy" competition at the dining facility, here, Tuesday.

From double and final Jeopardy to a

taste of the "Saturday Night Live" parody with Sean Connery lambasting Trebek, the event tested the Signaleers' Army knowledge.

Staying true to celebrating the Army's birthday, the 516th command team, Col. Jeth Rey and Command Sgt. Maj. Delia Quintero, decided to take it a step further then your traditional cake cutting ceremony.

"My overall intent was to celebrate our heritage and ensure everyone clearly understands that we need to preserve our history," Rey said.

Remaining in line with the traditional Jeopardy game, teams of four selected questions ranging from 100 to 500 points, making the game an educational event where the Soldiers and civilians celebrated the birthday with a little competition.

Albert Einstein said, "Education is what remains after one has forgotten everything he learned in school." His words highlight the importance of educating the Army force in an ever dynamic and complex environment.

Participants and the 516th audience

learned about American, world, Army and Signal Corps history, and the U.S. Constitution.

The importance of the topics covered was highlighted throughout the event, with prizes awarded to the contestants and audience members answering questions.

"The event was a great opportunity to bring the entire team together to compete against one another while educating our company about our history," said 1st Sgt. Andre Welch, Headquarters and Headquarters Company, 516th Sig. Bde.



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Police Call

8th MP ‘Watchdogs’ change leadership

Story and photo by
STAFF SGT. TARESHA HILL
8th Military Police Brigade
Public Affairs
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Soldiers, families and friends of the 8th Military Police Brigade, 8th Theater Sustainment Command, gathered together at Hamilton Field, here, for a change of command and change of responsibility ceremony, June 8.

The dual ceremony marked a change in leadership for the “Watchdog Brigade” after Col. Shannon-Mikal Lucas, commander, and Command Sgt. Maj. Teresa Duncan, senior enlisted adviser, accepted the mantle of leadership as the brigade’s new command team.

“When I go to war or harm’s way again, I want to serve with men and women just like you,” said Col. Duane Miller, outgoing Watchdog commander, about his Soldiers. “I trust you with my life.”

Maj. Gen. Edward Dorman III, commander, 8th TSC, said



Command Sgt. Maj. Teresa Duncan, accepts responsibility and the 8th Military Police Brigade’s colors from Col. Shannon-Mikal Lucas, commander, 8th MP Bde., June 8.

the ceremony was not only about the transition of leadership, but about the 93,000 Soldiers, families and civilians the commander serves. He thanked Miller for his tireless dedication and focus on Soldiers, families and the broader community as the director of emergency services.

“The Army will be benefitting from his legacy for decades to

come,” Dorman said. “I know you will bring the same passion, purpose and direction as the adviser to the Afghan Minister of the Interior.”

Lucas, an Akron, Ohio native, is no stranger to Hawaii or U.S. Army-Pacific, having served nearly eight years here at various times throughout his Army career. In fact, Lucas brings a plethora of knowledge

and leadership to the Watchdog Brigade and community, with his most recent command as the director, operational protection director, and Army Service Component Command provost marshal, USARPAC, at Fort Shafter.

“His vast knowledge of the Asia-Pacific region will no doubt be a tremendous asset to the command,” Dorman said.

Dorman also praised Duncan and the experience she brings to the brigade.

“Your record speaks for itself and it’s a great honor for you to join Col. Lucas in leading this great brigade of proud Watchdogs,” said Dorman.

During the ceremony, Lucas thanked Dorman and Miller for their mentorship and guidance and said that he and Duncan look forward to assisting, protecting and serving with the Watchdog Brigade.

“It is a privilege to be a part of this outstanding team of Soldiers, Families and civilians,” said Lucas. “It is a privilege that neither of us take lightly.”

June recognized as National Safety Month

SGT. JON HEINRICH
8th Theater Sustainment Command
Public Affairs

FORT SHAFTER — With the school year having ended and summer break officially beginning, many families will be taking time to do various activities for vacation.

Whether those activities are swimming, hiking, exploring or even just travelling, no adventure is void of danger. Safety is something everyone should always consider before heading out.

This is why the National Safety Council declared June to be National Safety Month and encourages everyone to be aware of the many dangers in life. Some areas of concern for safety are road hazards, swimming, living and working conditions, health, and first aid.

While most people consider themselves already well-informed on being safe, it is



always recommended to check ahead of time before traveling and take precautions before any activity to prevent accidents or even death. Look to these tips:

- First and foremost, if at all possible, avoid travelling alone and always have a cell phone or some other form of

communication.

- Remember to always check on conditions when you are travelling, such as traffic and weather. Even if flying to the mainland, check those conditions for your destination and get to the airport early.

- Do not swim in areas where

the waves are too high or there may be a current stronger than you are capable of handling.

- Avoid performing any activities during and after drinking alcoholic beverages. If it effects your mind, then it effects your judgement.

- Remember and refresh training from the Combat Lifesaver Course or first aid course. Keep a first aid kit in your car with plenty of bandages, wipes, gauze and scissors.

- Check around your home and work space for anything that could pose a hazard for the simplest reason and secure the situation to prevent accidents. Look for loose floor boards, items lying around on the stairs or glassware on shelves that could easily fall and shatter.

- Always keep fresh batteries in your smoke detectors.

Anyone can have fun during the summer months without forgetting to always stay safe.

FOOTSTEPS in FAITH

Religious tolerance - Changing hearts to make it right

CHAPLAIN (MAJ.) JOHN GRAUER

Plans and Operations
U.S. Army Garrison-Hawaii



Grauer

This past week in Orlando, Fla., we were overwhelmed with media coverage of an extreme act of violence perpetrated by an individual who was apparently radicalized by ISIL. The result was 49 dead and another 52 injured in an incident that shocked the nation.

Terrorism knows no bounds. It’s defined as the use of violent acts to frighten people as a way of trying to achieve a political goal.

What we do know, is there are a few individuals all over the world who are willing to engage in violent acts in the name of religion.

For democracies, the freedom to follow the religion of one’s choice (or no religion at all) is a choice we all have. I actually enjoy this freedom. Yet for some individuals, it allows the person to end up with a predisposition of hatred, and in some cases, to direct themselves to unspeakable acts of violence.

It would seem that many of the differences surrounding religious extremism have origins in the failure of parties to agree. Therefore we might come to a definition of extremists as the holding of extreme political or religious views: fanaticism, those who especially resort or promote hurtful, violent and or destructive acts against others, which according to some experts on radicalization have involved some of the following from the “Mindset of the Religious Extremist” by Dr. Neil J. Kresse:

- Idealization** of some past era combined with the belief that the world has gone crazy; I personally see this as the good

old days, which usually were not that great!

- The certainty** of the correctness of one’s religious vision;

- Complete unwillingness** to compromise with those who disagree;

- Powerful denunciation** of people with different lifestyles.

- Extreme allegiance** to some religious leader or leaders;

- Normal recognition** of the desired ends as justification for unsavory means;

- Adoption of numerous defensive methods** for avoiding serious encounters with conflicting systems of belief and their adherents;

- Dehumanizing imagery** of non-believers and religious out groups (differs from your own); and

- Strong preference** for keeping women in traditional, subordinate roles.

When these beliefs characterize a person’s mindset, there is reason for concern.

A critical question to ask is, why do so many people turn to extremist religious groups? People seek out religion for many

different reasons. I personally believe that God makes me better and allows me to be a more forgiving and loving person. For other individuals, religion helps people connect with their spiritual side. There are also those who adhere to a religious life because they see it as a way of combating difficulties such as loneliness. Perhaps they are all correct! But one thing I have always sought is that while I have my own personal belief in God. I have always sought to ensure that no matter what my beliefs and yours are, we can get along.

If it is possible, as far as it depends on you, live at peace with everyone.

Romans 12:18.

Some who are reading this may have already dismissed my use of this scripture and will say “It’s out of context.”

That’s the point. Will you dismiss me, or can we still get along?

Perhaps our future as a democracy and respecting one another depends on this.

Voices of Ohana

This Sunday is Father’s Day, so we asked,
“What’s best advice you’ve gotten from your dad?”
by Donna Klapakis, 599th Transportation Brigade Public Affairs



“He gave me a poem called ‘Follow Your Dreams’ by Bruce Wilmet.”

Cmdr. John Clark
599th Trans. Bde.
Operations Director



“Listen to your mother.”

Mary Kamauoha
599th Trans. Bde.
IT Specialist



“Don’t make an emotional decision. Sweat it out. Commit and pursue your goal.”

John Manahane
599th Trans. Bde.
Traffic Management Specialist



“Savor each moment because time flies when you’re having fun.”

Kirstin Morton
599th Trans. Bde.
Command Management Assistant



“There are two ways to make money. One is to earn it. The other is not to spend it.”

Phil Unpingco
599th Trans. Bde.
IT Specialist

Tropic Care 2016 helps Big Island residents

Story and photo by
SGT. RACHEL GROTHE
305th Mobile Public Affairs Detachment

KEAAU, Hawaii — “What could be better than helping underserved Americans?” asked Maj. Dennis Curtis, optometrist, 165th Medical Detachment, Fort Bragg, N.C., between patients at Hawaiian Ocean View Community Center on the rocky southern slopes of island of Hawaii. He firmly answered himself: “Nothing.”

Tropic Care 2016 patients appreciate the services provided. Hundreds of patients flow through the optometry section each day during the two weeks of health care clinics around Hawaii Island. Only the dental section rivals the optometry patient volume.

“A lot of people wouldn’t get the healthcare if it wasn’t free,” said Alan Alexander, Keaau, Hawaii resident, waiting for his sons to finish school activities physicals at the Keaau High School Tropic Care clinic. “Optometry and dental are not covered by Obamacare. Most health care is out of reach for a lot of people here, either it’s too expensive, out of the way, or the clinics aren’t accepting new patients.”

The optometrists aren’t short sighted about the local eye health challenges.

“We know distance is challenging no matter what demographic you fit into,

taking the time out, driving to an appointment far away is a big obstacle,” said U.S. Air Force Maj. Terry Walker, 179th Medical Group, Ohio Air National Guard, Mansfield, Ohio. “It’s only one obstacle we face. We teach people to understand vision as a long distance thing. Vision affects how well you can learn, which affects the jobs you can do and your overall quality of life. For instance, kids should come in for a real vision test, with an eye doctor, before first grade. There are some small things in the eye we can see and treat at that age, before it develops into something more serious like lazy eye.”

Optometrists take eye health seriously, but there is room for workday humor.

“It’s kind of a joke in the office,” Walker said. “I love being outdoors, tending to the details of my yard. So, what do I do? I choose a job with no lights, and windows, just sitting in a dark room. I guess I tend to the tiny details of the eyes.”

The doctors spend the workday in windowless rooms, but eyes are known as the windows to the soul. The sun-drenched view these patients’ windows overlook is different than those the doctors see at their U.S. mainland practices.

“You can tell when someone lives in a tropical sunny area, because over the years high amounts of U.V. exposure irreversibly damages tissue,” Walker said.



Senior Airman Shelby Modern, healthcare specialist, 119th Medical Group, North Dakota Air National Guard, assisting Kau resident, Noah, take his eye exam during Tropic Care 2016, June 4. Noah aced the 20/20 vision test.

“We think of skin, but also, your eyes. Your iris is like a magnifying glass directing light to your retina. It’s especially important here to wear sunglasses.”

The people behind the eyes, taking advantage of the Tropic Care clinics, are not short sighted about visions’ importance.

“Working with these people is more challenging, but much more rewarding,” said Curtis, a 28-year active duty optometrist. “It’s rewarding because these are the people who need it most.”

(Editor’s note: Read more at www.hawaiiarmyweekly.com.)

DoD ramps up training on Blended Retirement System

KAREN PARRISH
DoD News, Defense Media Activity

WASHINGTON — The Defense Department’s new retirement system will affect some 2.2 million people who all need to get smart on what it will mean.

Two subject-matter experts from the department’s personnel and readiness branch described the issues involved to DoD News: Army Sgt. Maj. Luther Thomas Jr., senior enlisted adviser to the Defense Department’s Manpower and Reserve Affairs Division, and Wayne Boswell, DoD’s director of financial readiness.

Thomas described the four-phase overall training program planned for the Blended Retirement System (BRS) as “a very comprehensive financial education strategy.”

The leader training module started June 1 on the Joint Knowledge Online portal and the MilitaryOneSource website, and on DVD at deployed, shipboard and other remote locations. Thomas, who has reviewed the module, said he’s impressed with the tools available in the training.

“I’m going to have service members whose situations are all different,” he said. “I can go up online to JKO, click ‘launch the class,’ and then look in the glossary and get the specific information I need to be able to talk to my service member one on one.”

Thomas said that while leaders are required to take the first round of training, it’s also available to those who aren’t yet in leadership roles. Boswell noted that the online availability also will help family members learn about the new retirement system.

“We know a lot of these decisions will be made around the dinner table, with families’ input in terms of the impact of lifelong financial decisions,” he said.

The training is designed to inform leaders about BRS “to be able to translate this for their members,” Boswell said.

Modules and Milestones

The learning strategy for BRS includes four separate modules:

- Leader training started June 1



Graphic courtesy of Department of Defense

- Training for installation and command financial counselors rolls out in the fall
 - Opt-in training for current service members begins in January 2017
 - Service members who join after January 2018 will receive training during their first months of service.
- Everyone serving as of Dec. 31, 2017 will be grandfathered under the current retirement system. Service members who have served fewer than 12 years on active duty or accrued fewer than 4,320 retirement points in the reserve component will have the option of remaining covered under their current retirement system or enrolling in BRS. Those with greater than 12 years on active duty or more than 4,320 retirement points in the reserve component will stay under their current system.
- Both men emphasized that while training will happen at all levels, the decision on whether to opt in belongs to the individual. Leaders will be informers of, not advocates for, the new system, they said.
- Service members who join on or after Jan. 1, 2018, will automatically be enrolled in BRS. Members eligible to opt in to BRS will have until Dec. 31, 2018, to decide if they want to switch to the new plan.

More Benefits for More Troops

“Under the current system only about 19 percent of service members actually

leave with some type of retirement benefit, and 81 percent of service members don’t,” Thomas said. “We believe under this new system, about 85 percent of those who serve, if they serve two years or longer, will be able to leave with some type of portable retirement benefit that they can take with them to a future employer.”

The “blending” in BRS comes from the combination of the Thrift Savings Plan and an annuity provision for those who retire after 20 or more years. BRS will use the annuity formula currently in place: the average of the service member’s highest 36 months of basic pay times 2.5 percent of his or her years of service – but the 2.5 percent is adjusted downward by half of a percentage point, from 2.5 to 2 percent.

The Thrift Savings Plan is currently offered to service members without government contributions, but under BRS several changes take place. After their first 60 days in the service, all members will be enrolled in TSP and receive an automatic government contribution of 1 percent of basic pay into their account each month. Additionally, the service member will be automatically enrolled with a 3 percent contribution from their own pay. After two years of service, the government will match the member’s contributions up to an additional 4 percent. In total, members can get up to a 5 percent government contribution on top of what they contribute each month.

The system also includes a mid-career continuation pay at about 12 years of service, as a further incentive to continue serving toward the traditional 20 years to qualify for monthly military retired pay.

Congress enacted BRS following upon the recommendations of the congressionally-mandated Military Compensation and Retirement Modernization Commission, Boswell said, adding that the commission heard from “a vast swath” of stakeholders and subject-matter experts who “are very interested in the military and are connected to the military” when making this recommendation.

Taking Part of My Pay?

So while those in BRS may see part of their pay deducted for TSP contribution, Thomas said, “what’s happening is they’re going to have to help contribute to their retirement, just like in the civilian world. ... It’s still the service member’s money.”

The new system offers the potential for a greater retirement income than the current system for “disciplined savers,” Thomas noted, adding that with DoD’s 1 percent contribution plus matching contributions, members who contribute from their own pay, even in amounts as small as the cost of a pizza or movie each week, could end their careers with potentially sizable savings for retirement. And those who don’t retire won’t walk away with empty pockets.

“When they go into a new job in the private sector or public sector at (age) 24, 25, 26, they don’t start with zero,” Thomas said. “They start with the retirement savings they accumulated (starting) 60 days after they joined the military.”

Boswell said the new system will add to the benefits of military service.

“I think lifelong success comes from self-investment and self-preparation,” he said. “I think service members who leave after four years leave with a lot: they leave with skills, experience, (and) education. They’ve had their mettle tested to some degree.”

With BRS, those leaving service will have skills, education and financial resources, he said.

Adaptive leadership starts at the lowest levels

Story and photo by
CAPT. KATIE RICHESIN

2nd Brigade Combat Team Civil Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Bravo Company, 225th Brigade Support Battalion, 2nd Brigade Combat Team, 25th Infantry Division, completed its Stryker turn-in, a difficult three-month process that equated to long hours for the maintenance company.

The company’s noncommissioned officers gathered in their break room, June 2, to relax and eat pizza. However, the lunch was soon cut short when their company commander gave them the next task, which was talking about leadership from a psychology perspective.

It is the second leadership development class for the company. The first focused on a moral test in which junior leaders were given 60 characteristics, eventually narrowed down to the five, that were the most important to the Soldier.

“Decisions centered around who you are makes a person happier,” said Capt. Amber English, commander, Co.B, 225th BSB. “It goes back to who they are fundamentally.”

This introspection continued in a second class focusing on leadership style during stressful and non-stressful



Soldiers from Bravo Co., 225th BSB, 2nd BCT, 25th ID, take the “Friendly Style Profile Test” to determine their natural work style as part of a leadership development class, June 2. The test shows how different Soldiers react to four leadership styles. The psychological perspective of leadership followed the recent turn-in of Co. B’s Strykers.

situations.

After a short introduction to the book “Friendly Style Profile for People at Work” by Dr. Susan Gilmore, the NCOs took a test to determine their natural leadership styles. They then divided into groups with a mixture of the four styles to try to understand how different Soldiers react to different leadership styles.

“People respond differently to differ-

ent situations,” said Spc. Eugene Cox, an administrative clerk for Bravo Company. “Their genetic make-up is different. Different leadership styles are needed because people are different.”

English hopes her Soldiers understand the impact they have on others.

“I have to think of people with different attributes,” said Staff Sgt. Ronald Winterstein, 225th BSB master driver. “When I

am going to interact, if they’re opposite, I may push them away.”

Cox added he definitely needs to be more concerned about how people react and how they are handling situations.

“People’s feelings affect how they work,” he said.

According to English, leadership style impacts subordinates on a personal level. Leaders can create a squad of motivated and driven Soldiers.

“If it starts at the squad level, then it can spread throughout the company,” English said.

Leadership and psychology are passions for English, who is currently pursuing her master’s degree focused on psychology of leadership in the workplace from Pennsylvania State. She plans to continue the leadership series, looking to resources and experiences outside of Army doctrine.

“With how the Army and society is transforming, we have to draw experiences from outside of the Army to adapt,” English said. “We have to adapt first before affecting the Soldiers.”

The topic is particularly pertinent as the Army builds adaptive, agile leaders. English’s next class will continue to build the foundation of leadership attributes from the bottom up.

‘Watchdogs’ support Special Olympics torch run

Story and photo by
STAFF SGT. TARESHA HILL

8th Military Police Brigade Public Affairs
8th Theater Sustainment Command

HONOLULU — Each year, Special Olympics Hawaii hosts the Troy Barboza Law Enforcement Torch Run, here, and each year ‘Watchdog’ Soldiers of the 8th Military Police Brigade don’t hesitate to show their continued support for the Special Olympians.

Hundreds of Soldiers from the 8th MP Bde., 8th Theater Sustainment Command, gathered together to support the 3-mile run, June 3. Law enforcement, civilian and military personnel, including Watchdog Soldiers and families, meet annually at Fort DeRussy to start the run. Participants end their trek at the Les Murakami Stadium, on the Manoa campus of the University of Hawaii to cheering Special Olympians and their supporters.

The annual event, which helps to raise awareness about Special Olympics and its athletes, also helps to raise funds for the athletes.

“In its 31 years, we have raised \$7 million for our athletes, here, in Hawaii,” said Chief Antonio Williams, chief of civilian police, U.S. Army Garrison-Hawaii. “We look forward to this event each year.”

Williams, who volunteers as a coach for Special Olympics Hawaii, also sits on the International Law Enforcement Torch Run Executive Council of 33 people. He was inducted into the Special Olympics Hall of Fame last year. He said that since



Maj. Gen. Edward Dorman III (front, second from left), commander, 8th TSC, leads Soldiers from the 8th MP Bde., into the Les Murakami Stadium, University of Hawaii-Manoa, after finishing the 3-mile 2016 Special Olympics Hawaii Troy Barboza Torch Run, June 3, here. The 8th MP Bde. helped raise awareness for the Special Olympics while honoring the memories of fallen police officers.

the inception of the Torch Run in Hawaii began more than three decades ago it has become a much larger event.

“The Torch Run is in all 50 states and now in 70 countries around the world,” said Williams. “Worldwide, the Torch Run has raised \$52 million.”

The participants’ time and labor, and the money raised, actually benefit the athletes, Williams stressed. In addition to raising funds for more than 4,000 Special Olympians, here, the event also honors the memories of the fallen officers who gave the ultimate sacrifice while serving

their community.

“It’s an opportunity to pause and reflect on not only the memory of Officer Troy Barboza, who was killed in the line of duty, but to also reflect on all the men and women, who in service to others, lose their lives doing something much bigger than themselves,” said Col. Duane Miller, commander, 8th MP Bde.

Miller and Williams stressed the importance of remembering the fallen officers, as well as the power of supporting a greater cause.

“It’s exhilarating to know that for

the small amount of time we spend participating in this event, its impact is huge to these Olympians,” said Miller.

Running in the event for the first time, Sgt. Benjamin Carlin, personal security detail, Headquarters and Headquarters Company, 8th MP Bde., said that he couldn’t have been more motivated.

“The whole thing was just awesome and I can’t wait to do it again next year, Carlin said.

“It’s all about supporting something bigger than you.”

94th hosts LANPAC air-missile defense panel

SGT. KIMBERLY MENZIES

94th Army Air and Missile Defense Command

JOINT BASE PEARL HARBOR-HICKAM — The 94th Army Air and Missile Defense Command hosted a discussion panel during the fourth annual Land Forces Pacific Symposium 2016, May 24-26, hosted by the Association of the United States Army Institute of Land Warfare at Honolulu.

The symposium and exhibition is a professional development forum providing unique opportunities, through panel discussions, for U.S. Army, Department of State, joint and regional partners to discuss the key roles of the Pacific land forces within the Asia Pacific region.

“This year, over 2,000 personnel are attending great exhibits,” said Gen. Robert B. Brown, commander, U.S. Army-Pacific. “Everywhere you look, you will see professionals from our government, defense industry, and experts from the academic community. In addition, we welcome (leaders) from up to 23 nations. These are our partners, allies and friends from across the Indo-Asia Pacific region.”

This year’s LANPAC theme, “Assuring Stability and Security-Strengthening Land Force Teams,” highlighted the significant contributions of land forces in the Pacific.

Brig. Gen. Eric L. Sanchez, commander, 94th AAMDC, led an air and missile defense panel discussion focused on “Land Forces in the Air and Missile Defense and Emerging Capabilities.” He began the panel by explaining the evolution of the threat capabilities within the Pacific region.

“Over the last couple of years, we have seen a more complex threat, a more capable threat and more capacity,” Sanchez said. “We have seen reduced warnings ... and a greater use of deception then in the past.

“For the 94th, that means that there are a lot more capabilities that can be considered off pen capabilities. It causes us at the area air defense level to deploy forces and increase our readiness posture (in the Pacific),” he said.

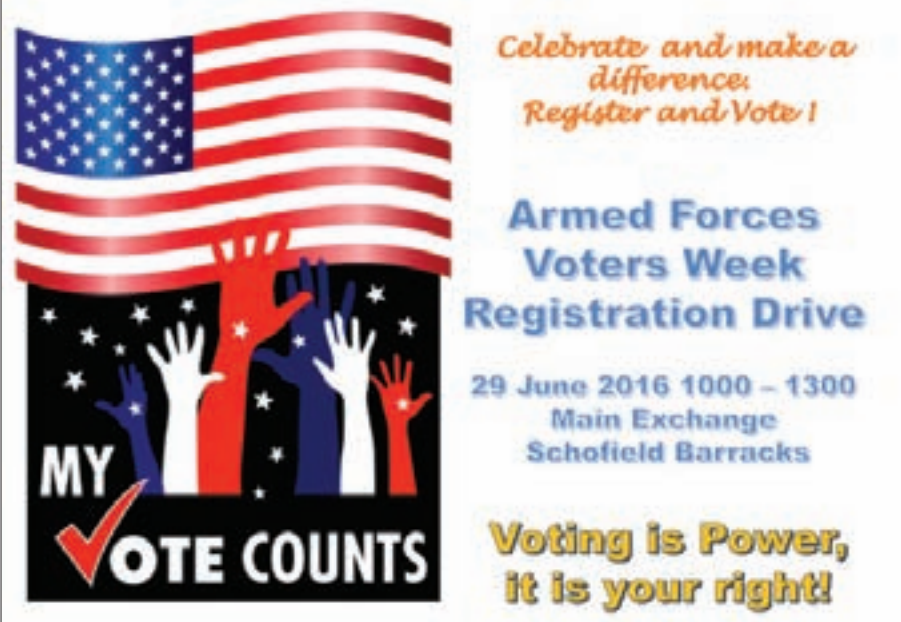
During the discussion, the panel highlighted the joint and combined area air defense commander’s roles and responsibilities, the global and theater aspects of air and missile defense, and some of the academic and material solutions to the missile threats.

Following his second consecutive year serving as the chair for the LANPAC AMD discussion panel, Sanchez is preparing for his next assignment as commanding general of the White Sands Missile Range in New Mexico.

Watch the discussion

To watch the entire discussion panel, visit [#www.dvidshub.net/video/465707/lanpac-panel-discussion-6-land-forces-air-missile-defense-and-emerging-capabilities-clean](http://www.dvidshub.net/video/465707/lanpac-panel-discussion-6-land-forces-air-missile-defense-and-emerging-capabilities-clean) #V1IA35MrLy9.





VAO says voting is power

ANGIE DIZON
Voting Assistance Officer
Directorate of Human Resources

SCHOFIELD BARRACKS — Come and join the U.S. Army-Hawaii voting assistance officers, or VAPs, as we celebrate “Armed Forces Voters Week,” June 29, from 10 a.m. to 1 p.m. at the Main Post Exchange, here.

VAPs will be on hand to assist Soldiers, family members and civilians with Federal Post Card Application, Voting Registration and Absentee Ballot Request forms.

All those who have not registered

are encouraged to attend to ensure that absentee ballot requests are mailed on time.

Voting is our right and our privilege, so don’t let your chance to raise your voice be wasted.

Point of Contact

For more information, visit the Installation Voting Assistance Office in the Soldier Support Center, Bldg. 750, Rm. 102, Ayres Ave., Schofield Barracks. Call 655-5546.

Roadwork impacts TAMC roads

WILLIAM SALLETT
Tripler Army Medical Center Public Affairs

The U.S. Army Garrison-Hawaii’s Directorate of Public Works has funded and is about to proceed on a much needed repaving of Ward Road at Tripler Army Medical Center.

Ward Road fronts the main hospital complex and terminates near the parking garage on the mountainside. The project will be eight-phased with construction running June 20 through Aug. 12 when the final striping takes place.

Please note that the first two phases do not affect traffic flow and are at the two bus pads only. Most of the work time on the first two phases is concrete curing time and does not involve disruptive

construction.


Roadwork impacting personal vehicle traffic begins July 18 and in 3-day construction increments through August.

Each phase will have significant signage and traffic control measures implemented but will nonetheless result in some inconveniences. Overnight storage of heavy paving equipment will be done along the left side of Jarrett White Road.

(Editor’s note: For a map and more, visit www.hawaiiarmyweekly.com.)

More about TAMC

For additional details about the roadwork schedule, see www.tamc.amedd.army.mil/.





Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com

Today
Wastewater Spill — The USAG-HI’s Directorate of Public Works reported a wastewater spill at Schofield Barracks, Sunday in the Porter Housing community at approximately 4:30 p.m. It was stopped at approximately 9:20 p.m. Officials completed cleanup and disinfection of the area by 12:40 a.m. The Army notified the Hawaii State Department of Health and no further actions are required at this time. Approximately 4,350 gallons



Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm for up-to-date advisories.

Today
Downtown — Two southbound lanes will be closed on Liliha Street between N. School Street and N. King Street, from 9 a.m. today through 6 p.m. on Sunday as part of the Liliha Street Rehabilitation project.

Trimble & Hewitt — Traffic flow at Schofield’s intersection of Trimble Road and Hewitt Street is temporarily modified for median restoration. The east and westbound lanes running along the median of Trimble will be closed for the repair. Left turns will still be allowable for both east and

were discharged.

Auto Loans — Soldiers may face challenges when shopping for an auto loan. Lenders may not clearly explain the extent of the financial obligation you’re taking on. Visit the Consumer Financial Protection Bureau auto loan blog at www.consumerfinance.gov/.

21 / Tuesday
2BCT — Col. Anthony Lugo assumes command of the 2nd Brigade Combat Team, 25th ID, from Col. David B. Womack at 10 a.m., on Schofield’s Weyand Field.

22 / Wednesday
HMR Fitness — The Helemano Military Reservation Physical Fitness Center’s basketball and racquetball court will be

closed for floor repairs, scrub and recoating.

23 / Thursday
USAHC-SB — Col. Deydre Teyhen will assume command of the U.S. Army Health Clinic-Schofield Barracks at 1 p.m. at the Health Clinic’s Soldier’s Pavilion from Col. Pete Eberhardt.

27/ Friday
Broncos CoC — Col. Robert M. Ryan assumes command of the 3rd Brigade Combat Team, 25th ID, from Col. Scott W. Kelly, 10 a.m., on Schofield’s Weyand Field.

29 / Wednesday
CIE — Attend the Community Information Exchange at Schofield’s Nehelani, 9-10:30 a.m., to learn about what’s up for the next 90 days.

westbound traffic. The work will be performed weekdays, 8:30 a.m.-3:30 p.m., until June 29.

18 / Saturday
Multiple Power Outages — The following buildings along Schofield’s Mathews Ave. will be without power, 7 a.m.-3:30 p.m., to install an electrical transformer: 2026, 2027, 2029, 2031, 2032, 2033, 2034, 2098, 3030, 2037, 2038 and 2040.

Also, Aliamanu Military Reservation has an outage scheduled, same hours, affecting the Child Development Center, community gym, youth center and the fitness center.

Finally, Fort Shafter will have two separate outages. The first is Palm Circle units 3-18, 9 a.m.-3 p.m., for preventative maintenance and tree trimming around power lines; the second is build-

ings 220 and 222, 8 a.m.-3 p.m., to support lightning protection installation.

20 / Monday
Partial Closure — Bldg. 752 will have a partial parking lot closure June 20-July 13 in order to repave the lot. It will be in effect 24/7 and accessible from Reilly Avenue or Menoher Road.

Intermittent lane closures will occur on the eastbound lane of Reilly and the southbound llane of Memoher from 7 a.m.-3:30 p.m. Lanes will only be closed when contractors are working in the area.

27 / Monday
Montgomery and Bennet — There will be a full road closure at Shafter’s Pierce Street, between Montgomery and Bennet Drives, to repair and repave the road. The road closure should conclude July 6.

‘Warrior Brigade’ praised for hard work

Story and photo by
STAFF SGT. CARLOS DAVIS
2nd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — As “Warrior Brigade” Soldiers returned to work after the long Memorial Day weekend, a small piece of their identity was no longer visible.

Since March 2016, the 2nd Brigade Combat Team, 25th Infantry Division, has initiated and completed a full-scale turn-in of more than 300 M1126 Stryker combat vehicles to the Project Management Stryker Office.

To highlight the midpoint of the transition process from a Stryker to an infantry brigade, the 2nd BCT held a materiel readiness award ceremony to honor more than 70 Soldiers and civilians who worked countless hours during the Stryker turn-in process.

“We are only at the midpoint of this transition process, and while we take a break to congratulate you all for what you all have accomplished thus far, I still want you all to take what you have learned and keep applying it every day in everything you do while you continue to make your formations ready as you can make them,” said Brig. Gen. Patrick Matlock, 25th ID deputy commanding general-support.

Even though the ceremony was designed to thank the Warrior Brigade Soldiers for their continuous hard work and dedication, it also marked a bittersweet reality for some.

When the last Stryker is properly stored, secured and placed on a ship to the mainland, some of the Warrior Brigade Soldiers will eventually receive reassignment orders to different duty positions or units.

“Well for me, I’m headed to Fort Lee, Va., to work as instructor at the schoolhouse,” said Staff Sgt. James Ingerick, Stryker system maintainer, 1st Battalion, 27th Inf. Regiment. “Being stationed, here, has allowed me to build and gain a bigger base of



Col. David Womack, commander, 2nd BCT, thanks Spc. Elvis Phuong, “Coldsteel Company,” 1-27th Inf. Regt., for his work during the transition process.

knowledge on this piece of equipment. Now it’s up to me to take this knowledge and my past experiences and, hopefully, better prepare the next incoming Soldiers.”

“Being a part of the Wolfhound community, or 1-27th Inf. Regt., they really branch out and treat the forward support company Soldiers as family, even though we weren’t infantry Soldiers,” Ingerick said. “I’m going to miss having the opportunity for my Soldiers and myself having the chance to enjoy Hawaii as a whole.”

As the brigade continues to maintain its readiness throughout the transformation process into an infantry brigade, leaders understand the importance of taking a moment to recognize Soldiers.

“We have miles to march and I recognize that we are busy, but I appreciate everything you all do,” said Col. David Womack, commander, 2nd BCT. “I would also like to give a special thanks to the noncommissioned officers standing in our ranks for setting the example each and every day.”

TIME TO CELEBRATE



Photo courtesy of Tripler Army Medical Center
HONOLULU — Col. Karen Burmeister, chief of pathology, Tripler Army Medical Center, embraces her son, David Diebold, June 4, after surprising him at his graduation with an early return from Afghanistan. Burmeister coordinated with her command and Iolani School to return home early from her deployment in order to surprise her son and present him with his high school diploma. “My command in Afghanistan made this possible and Iolani School was amazingly supportive,” said Burmeister. “Leadership at the school had the moment choreographed perfectly.”



Photo by Jack Wiers, U.S. Army Garrison-Hawaii

Blue Star program returns

Blue Star Museums
Since 2010 dozens of museums nationwide have opened their doors free to active-duty service members and their families through the Blue Star

Museums program. This year’s collaboration between the Department of Defense, Blue Star Families and the National Endowment for the Arts allows for military families to visit more

than 2,000 museums in the U.S. Between now and Labor Day, check out these museums on Oahu. For more details, see: www.arts.gov/national/blue-star-museums.

Iolani Palace

The only former royal residence in the U.S., Iolani Palace offers a trip through time to learn about the Hawaiian monarchs and past island life. Catch free hourlong Friday performances of the Royal Hawaiian Band at the historical bandstand. The palace was modern for its time, even featuring electricity before the White House. Check out a 3-D tour at the palace website.

Reproductions and original pieces used by the royalty are also on display. A detailed reproduction of Queen Kapiolani’s famed lei hulu dress, seen in the photo to the right, are on display for visitors to give them a feeling of the changes underway when the palace was in royal use.



Photo courtesy of Friends of Iolani Palace
A recreation of Queen Kapiolani’s famed lei hulu dress on display in Iolani Palace’s throne room.

Hawaii State Art Museum



Photo by Christine Cabalo, Oahu Publications
The Hawaii State Art Museum is located on 250 South Hotel St., and is open Tuesday through Saturday, from 10 a.m. to 4 p.m.

Beyond the many works of Hawaiian art, the museum is also a hub for free musical performances every First Friday, crafting on second Saturdays and hosts its Art Lunch series during the weekdays.

“The Hawaii State Art Museum always has free admission and programming — we are ‘The People’s Museum’ and HiSAM is a venue for the Art in Public Places Collection, most of which is on display in state buildings such as libraries, schools, hospitals, and state offices,” said Mamiko K. Carroll, an office assistant with the Hawaii State Foundation on Culture and the Arts. “All of the artwork in the collection has a connection to Hawaii and includes pieces from artists who are from Hawaii or live, teach, or work here.”

African American Diversity Cultural Center Hawaii

The center features several mobile exhibits, but is a unique resource to learn about African Americans in Hawaii. Deloris Guttman, president of the center, also hosts a book club for African American literature. She continues research about how Hawaii history is full of untold stories of the African Americans settling in. Guttman said people are surprised to hear it, but there is a rich history of people from all over and African Americans are one of several ethnic groups to find a home in Hawaii. Learn more about historical figures such as Col. Chauncey M. Hooper, as seen in the photo to the right.

The museum is open by appointment. “We have a history here in Hawaii,” Guttman said. “But there is still a lot of research to do.”



Photo courtesy of National Archives and Records Administration
The African American Diversity Cultural Center Hawaii is open by appointment weekdays from 9 a.m. to 4 p.m. at 1311 Kapiolani Blvd., Honolulu. The center also features mobile exhibits and is a unique resource to learn about African Americans in Hawaii.

Army Museums give a look at past

CHRISTINE CABALO
Staff Writer

New adventures are waiting to be discovered behind the doors of Hawaii’s Army museums this summer. Both, located on Oahu, are free to see all yearround. Whether taking a walk down to the Tropic Lighting Museum or driving down to Waikiki for the U.S. Army Museum of Hawaii, there’s always more to see. Learn about Army history and step into the shoes of the Soldiers of the past.

Tropic Lighting Museum

Built in 1915 and the museum is only building at Wheeler Army Airfield made of lava rock. The building was previously the post library before becoming the museum that houses all historical artifacts related to 25th Infantry Division. Currently on display is an exhibit about Wheeler Army Airfield and the early flights at the airfield by famous aviator Amelia Earhart. Free podcasts are also available about the history of the museum and several other historical buildings on post.

“The Tropic Lighting Museum has those exhibits and is a great training museum about the Soldiers,” said Kathleen Ramsden, the museum curator. “The museum is a great family friendly intimate environment.”



Photo by Kayla Overton, U.S. Army Garrison-Hawaii

U.S. Army Museum of Hawaii

As one of the most visited Army museums in the world, the U.S. Army Museum of Hawaii is a rare free activity in Waikiki. Featuring static displays of Army vehicles and equipment, the museum also depicts what recreation for Soldiers was like in the past with their reproduction of a popular Waikiki bar near Fort DeRussy in the ’60s.

“It’s helpful in educating about the public about an aspect of American history they may not be familiar or only familiar through movies,” said Adam Elia, command historian for 25th Infantry Division. “If you go to museums to learn, you can see artifacts directly connected to historic events. It brings visitors more closer to understanding history.”



Courtesy photo

Tropic Lighting Museum (Bldg. 361, Waianae Avenue)
655-0438. Open Tuesday through Saturday, 10 a.m. to 4 p.m.
www.garrison.hawaii.army.mil/tlm/

U.S. Army Museum of Hawaii (2161 Kalia Rd, Honolulu)
438-2822. Open Tuesday through Saturday, 9 a.m. to 4:15 p.m.
www.hiarmymuseumsoc.org/

Summer’s here, and so is Vacation Bible School

RELIGIOUS SUPPORT CENTER
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Vacation Bible School is currently underway at the Main Post Chapel, with Monday through Friday sessions from 9 a.m. to noon.

The origins of Vacation Bible School can be traced back to 1894 when a Sunday school teacher, who also was a public school teacher, felt she was limited by time constraints in teaching the Bible to children. So she began a daily Bible school during the summer. This school lasted four weeks and had approximately 40 students.

Evolving from those modest beginnings, the tradition continues at the Main Post Chapel. This week, 375 children and volunteers from all over Schofield Barracks, Wheeler Army Airfield and Helemano Military Reservation have made this event a great success.

2016 Cave Quest

This year’s theme, Cave Quest, is inspired by the idea of challenging fears and that everything is possible when we have the support of a team around us. Elementary-aged children visit multiple stations each day, learning themes that



Photo courtesy of the Religious Support Center

Engaged young people interact at the Schofield Barracks Main Post Chapel during a recent session. More than 300 children are participating here, at Wheeler Army Airfield and Helemano Military Reservation.

help them work together to overcome obstacles. Leaders help encourage kids to work as a team.

Finding hope, courage, direction, love and power by relying on someone greater than ourselves is the program’s

key to success in a world that often relies on individual efforts. At Cave Quest, no activity stands alone. The school helps children learn about God and the value of working together.

This year’s leaders, June Cooper,

Crystal Brown and Annette Andrus-Keough, of U.S. Army Garrison-Hawaii, are encouraging VBS Kids to earn money at home by doing extra chores to support others. We as a military and chapel community can help children in need.

One stated goal of the fundraising effort is to earn money to buy school uniforms, T-shirts, as well as needed school supplies. This year’s Vacation Bible School, Cave Quest, is partnering with an elementary school in Waianae. The partner school currently has 70 students in need of help.

Money raised during Cave Quest will help support these children in need, providing funds to purchase school supplies and more.

Leaders agreed Cave Quest was a great way for the children of this military community to learn about selfless service and to put faith in action. Both parents and participating students were excited by the opportunity to help.

All military families are welcome to attend VBS, whether they are involved in a chapel or not.

Vacation Bible School will continue on at Main Post Chapel all week and at Aliamanu Military Reservation Chapel June 20 to 24 from 9 a.m. to noon.

Listening tells a full story of a father

I stepped from airport baggage claim into the steamy Richmond sun, and found a bench at curb-side pick up. I hadn’t seen my father in a while, and a twinge of nerves caught in my throat.

When in a good mood, Dad is fun, larger than life in every way. While watching his favorite sitcoms, his loud and uncontrollable laughter is infectious. Also, he has an uncanny ability to seek out the best restaurants, always over-ordering for the table, and insisting on paying the bill. But like many people, my father has moody side. When angry, he makes it uncomfortable for everyone, especially those he loves the most. We had both traveled to Richmond for my cousin’s wedding, and agreed to share a hotel room. Knowing my father was a man of extremes, I didn’t know what to expect.

Suddenly, I heard three sharp blasts of a car horn. Then three more. I stood up to investigate, just as I heard the blasts again. They were coming from a car driven by my Dad. Good mood, I detected gratefully. I knew that the obnoxious greeting was my father’s way of being playful.

I hopped into the passenger’s seat, and while exchanging side hugs over the center

Union, I held the record for the most runaway attempts. But eventually, the school became like family to me.”

Later, in our hotel room, my father napped while I settled into a polite routine intended to minimize the awkwardness of the situation. Although we had visited each other many times over the years, sharing a hotel room was more chummy than we had been in decades. But something in me sensed that my father simply needed a witness, not only to his stories, but to the advancement of his life.

Rather than armoring myself with defenses formed during rockier moments in our relationship, I opened myself to see my father as he was: a 73-year-old character with a unique story to tell. That weekend, I enjoyed his company, helping him with his buttons, brewing him coffee, researching local breakfast joints, and even plucking a particularly conspicuous white hair from his nose.

“This has been nice,” my father said after breakfast at The City Diner on our final morning together.

Grateful for having had the opportunity to get to know my father in the context of his full life story, I genuinely agreed.

(For more of Molinari’s insights visit www.themeatandpotatoesoflife.com.)



Courtesy of Lisa Smith Molinari

console, I noticed that his skin was like crepe. Getting old, I thought.

“Okay,” my father said in his characteristically domineering voice, “we don’t have to be at the rehearsal dinner until six, so I thought I’d take you on a tour of Sandston.” I knew the excursion to my father’s hometown was more for him than me, but I was curious to see the setting of his upbringing.

“When I was a kid, this road seemed to go on forever,” he said of Sandston’s sleepy main drag. He pointed to a faded drug store sign, explaining that his nanny, Irene, used to take him there for iced cream. “She wouldn’t go in with us, because she never wore shoes.”

We turned slowly down Garland Avenue, and my father told me about the “creek” he used to wade in, now a grassy ditch along the side of the road. Among the line of tiny steep-roofed houses, he pointed out the one he used to live in, where his parents divorced when he was only six years old. We rounded the corner to the school, then on to a small civil war cemetery, as my father told of being sent to Fork Union Military School at the age of ten.

For once, I let him do all the talking. He told all the stories I’d heard before and a few I hadn’t. Something in me sensed that my father needed to reflect on his life, and the best thing for me to do was to listen.

“I was devastated,” he commented about his father leaving. “I always wanted the kind of dad who would take me fishing, but he just wasn’t that way... After my mother sent me to Fork

EDUCATION EXPO

Photo courtesy of the School Liaison Office

SCHOFIELD BARRACKS — Learn about Hawaii schools and the Hawaii school system and meet with administrators and staff Thursday, 4-6 p.m. at the Kaena Community Center.

Family insurance transfer is easy with a phone call

TRICARE
News Release

Frequent moves can be frustrating for active-duty families. TRICARE gives you one less thing to worry about with Moving Made Easy. Now, whether stateside or overseas, you can transfer enrollment with just one phone call to your new location. You don’t need orders; There are no waiting lists and no forms to complete. When you get to your new duty station, just pick up the phone and call your contractor.

Moving Made Easy makes sure beneficiaries with special medical needs and complex medical conditions are identified as soon as possible to ensure a smooth transition and continuing care.

ECHO

If your family uses the Extended Health Care Option Program (ECHO), your current contractor will notify your new contractor of all civilian care, establish a new case manager or point of contact and coordinate all transfer requests. Your current contractor will also provide ECHO eligibility and get clinical information from your providers. They will also share your Excep-



tional Family Member Program (EFMP) enrollment, cap amounts paid and current authorizations.

When you arrive at your new duty station, your new contractor should have all of your information. If you or family member needs care within 30 days of arriving at your new location, your former contractor will work with the local military hospital for care, including ar-ranging network care if required. If you need care while traveling, you can use urgent care without an authoriza-tion.

The Urgent Care Pilot program allows Prime benefi-ciaries two visits to a network or TRICARE-authorized provider. An authorized provider is any individual,



Courtesy photo

Tricare members who are moving can transfer enroll-ment with no forms to complete.

institution/organization, or supplier that is licensed by a state, accredited by national organization, or meets other standards of the medical community, and is certi-fied to provide benefits under TRICARE. There are two types of TRICARE-authorized providers: Network and Non-Network. For a list of all eligible providers, visit the TRICARE website. Also check out TRICARE’s Beneficiary Web Enrollment site at www.tricare.mil/bwe/.

Check for high blood pressure regularly

TRICARE
News Release

Every year, the National Heart, Lung, and Blood In-stitute (NHLBI) encourages everyone to actively learn about preventing and controlling high blood pressure.

When you have high blood pressure, the force of blood pushing against the walls of your arteries is too high. When you’re active, it is normal for your blood pressure to increase. Once the activity stops, your blood pressure should return to your normal range. When it doesn’t, you may have high blood pressure.

Why check?

Unfortunately, the diagnosis of high blood pres-sure is based on blood pressure readings. If you don’t get regular medical care or check your blood pressure regularly, high blood pressure can go undetected for years. It is often not discovered until some organs start to show the negative effects of long standing high blood pressure.

According to NHLBI, some common high blood pressure complications are kidney disease, eye dam-age, heart attack, heart failure and stroke.

A blood pressure check is quick and easy. It can be done in your health care provider’s office or clinic. Tricare covers blood pressure screening as part of its clinical preventive benefit. Children are screened every year between the ages of 3 and 6, and every two years after. Adults may get a blood pressure screening every two years, but usually your health care provider checks it each time you visit.

If you are diagnosed with high blood pressure, your health care provider will work with you to come up with a way to treat your condition. You may have to make lifestyle changes, like weight loss and exercise. You may benefit from prescription medications. Whatever you do, be sure to follow your provider’s plan for your care. This may be the best way to lower your blood pressure and maintain normal blood pressure readings.

More Online

For more information about your benefits, visit www.TRICARE.com.

TAMC

TIP

Struggling with addiction?

Family members over the age of 18 and/or retirees who are coping with drug or alcohol problems can now reach out for help by calling Tripler Army Medical Center’s Addiction Medicine Intensive Outpatient Treatment Program at (808) 433-6098.

Please call today to discuss how you can take care of you!

Courtesy photo